

**Norfolk**

**VIRGINIA**



## **NORFOLK MRC NEWS**

March 2013

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## **WHO DO YOU KNOW?**

One of our goals for 2013 is to really bump up our membership numbers. The best way to recruit people—for anything—is positive word of mouth advertising. With that in mind, I would like each of you to think about what opportunities you might have personally and professionally to pass along information about our unit and invite others to join.

Don't get anxious—this is not about the hard sell! It's great to talk to others about your volunteer experiences and extend an invitation to join, but I know that isn't everybody's style. So if you're a little shy, here's some other simple and easy ways you can help to spread the news about who we are and create interest in joining our unit:

→ Distribute some of our brochures at your work place or professional group. I would be happy to supply you with however many you need.

→ Forward the weekly updates to others you think might be interested.

→ Pass along other unit materials, such as the annual newsletter, to others.

→ Participate in some of the parade events, such as the St. Pat's, National Night Out, etc., that we do—this helps to generate more exposure for our unit (and walking is good exercise!).

This week we had a short article in the *Celebrate Norfolk* mailer, and it has generated a ton of interest. Why? Mostly because several of our volunteers contributed thoughts on why they enjoy volunteering. This is the positive word of mouth that really catches people's attention.

Please—help spread the word! Your personal endorsement is incredibly valuable to our recruitment effort!

## **SEQUESTRATION**

Some of you may be wondering about the potential effects of sequestration on our unit, as we are a government-funded public health resource. At the time of this writing, we are just as baffled as anyone else as to what will in fact happen, if anything. It is anticipated that if/

when sequestration happens, there will be an impact on Federal dollars that support health and MRC programs. Costs may be absorbed elsewhere on a more localized level depending on the availability of other funding, but there may still be trickle-down effects. Stay tuned.

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### *Did you know...*

The Medical Reserve Corps is a nationwide program with 980 units and 207,978 volunteers covering 91.16% of the country? The Commonwealth of Virginia has 31 units and over 10,000 volunteers.

*~Courtesy of  
www.medicalreservcorps.gov*

## Community-based Disaster Risk Reduction

COCA has collaborated with NCEH/ATSDR Office for Environmental Health Emergencies and the Medical Reserve Corps (MRC) on a conference call series related to Disaster Risk Reduction. The call series provides MRC volunteers and clinicians with an accurate understanding of the public health and medical consequences of natural and man-made disasters (including terrorism); and the principles taught in the Disaster Risk Reduction curriculum will assist them in making decisions that support community public health resiliency.

Join us for an upcoming COCA Conference Call/Webinar, where a subject matter expert will discuss Community-based Disaster Risk Reduction – please note that this activity was previously presented on August 21, 2012. If you have questions or trouble accessing this COCA Call/Webinar, please e-mail [coca@cdc.gov](mailto:coca@cdc.gov).

### Community-based Disaster Risk Reduction

**Date:** Thursday, March 7, 2013

**Time:** 2:00 - 3:00 pm (Eastern Time)

#### Join by Phone:

**Dial:** 888-469-0502 **Passcode:** 3543931

**Join by Webinar:** <https://www.mymeetings.com/nc/join.php?i=PW4349545&p=3543931&t=c>

#### Overview:

The overall approach to emergencies and disasters has recently shifted from post-impact activities to a more systematic and comprehensive process of risk management. Disaster risk management underlying goal is to reduce risk to both human life and systems important to livelihood, and includes both pre-impact disaster risk reduction and post-impact humanitarian and development action. During this call, a CDC subject matter expert will discuss the importance of disaster risk reduction for reducing adverse health effects of disasters and how application of the basic tenets of preventive medicine and public health can result in a more humane and cost-effective approach to emergency management.

#### Presenter(s):

##### **Mark Keim, MD**

Senior Science Advisor  
Office for Environmental Health Emergencies  
National Center for Environmental Health  
Centers for Disease Control and Prevention

For additional information and to access call recordings (audio, webinar, and transcript), please visit the call webpage at [http://emergency.cdc.gov/coca/calls/2012/callinfo\\_082112.asp](http://emergency.cdc.gov/coca/calls/2012/callinfo_082112.asp)

Free Continuing Education Credit is available for this COCA Call/Webinar (CME, CNE, CEU, CECH, ACPE, and AAVSB/RACE).

*~Courtesy of CDC/MRC listserv*

## Upcoming Training and Activities

### **MARCH**

**3/3-3-9** National Severe Weather Preparedness Week

**3/10** Daylight savings time begins; set your clock ahead one hour.

**3/12 Ready Virginia Tornado Drill (see sidebar at right)**

**3/16** Mass Casualty Incident training (START Triage), 9:00A-2:00P, Tidewater EMS Council (Chesapeake).

**3/16** MRC participation in the St. Patrick's Day parade. More information to come via VVHS alert.

**3/17** Happy St. Patrick's Day!

**3/21** IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

**3/22** Obesity Summit at EVMS. FREE. To register, please visit [https://www.surveymonkey.com/s/2013\\_ObesitySummit-RSVP](https://www.surveymonkey.com/s/2013_ObesitySummit-RSVP)

### **APRIL**

**4/1—4/7** National Public Health Week. More information to come.

**4/3** NDPH Wellness Day. More information to come.

**4/15** Psychological First Aid, 12:30-4:30 PM, Virginia Beach Health Dept.

**4/18** IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

### **MAY**

**5/1** Save the Date! Project Homeless Connect. This will be run as an exercise; all participants will receive credit for completing their exercise requirement. More information to come.

**5/6** Psychological First Aid, 6:30-9:30 PM, Norfolk Health Department.

**5/16** IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

**5/27-6/2** National Hurricane and Flooding Preparedness Week

### **JUNE**

**6/1** Norfolk Mitigation and Preparedness Fair. More information to come.

**6/19** IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

*Please register for all activities through Linda,  
unless noted otherwise. Thank you!*



### **Torndao Drill**

Governor Bob McDonnell has proclaimed Tuesday, March 12th at Tornado Preparedness Day. A statewide drill will be held for various agencies.

The MRC will participate in this drill via a Virginia Volunteer Health System (VVHS) alert notice. **This is a mandatory drill for the MRC; your response is required.** We will utilize both phone and email notification systems.

Please update your contact information in VVHS accordingly. If you have questions, please contact Linda at 683-2760.

## Volunteer Spotlight



**Congratulations to Clifton and Michelle Fuller** for completing their Level Two training and earning their Go-Bags, MRC shirts, and badges.



**Congratulations to Peggy Troyer** for going the extra mile and completing her Level One training and becoming a Leadership Volunteer.

**"Help one another;  
there's no time like  
the present and no  
present like the  
time."**

*~James Durst, poet/songwriter/  
troubadour*

First, I have to give a shout out to **Stephanie Fewkes**, who is back with the unit after stepping away briefly last year to take care of some personal business. She recently returned to the fold and has since referred two new volunteers. Rock on Stephanie—thanks for your referrals!



### Abstinence Education Program.

**Sean Hess** and **Kaleah Williams** have been doing a great job helping to handle the facilitation needs for the this program. Program Coordinator Brittany Faison is very appreciative of the time and insight MRC volunteers have brought to the youth groups. If you are interested in helping to facilitate, please let me know—Brittany will be happy to train you on delivering the curriculum.



**STD Community Clinic.** The NDPH STD clinic likes to do community outreach and meet people where they're at. Thanks to **Renee Farmer** and

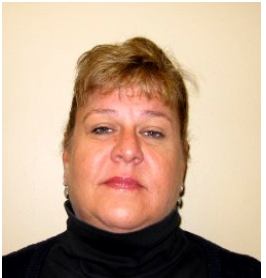


### Shatada Floyd-White

for their assistance with registration, education, and urine collection at the "My Brother's Keeper" event on February 16th.



**Psychological First Aid.** We couldn't offer this course without the valuable assistance of our volunteer instructors, who graciously give of their time in training others. Many thanks to **Sean Hess** and **Ellie Mosholder**; we are grateful for your time and skills in delivering this curriculum! Thanks also to all of you who took the opportunity to complete this required training.



**Community Emergency Response Team (CERT) training.** I had the pleasure a few weeks ago of helping to kick off the CERT course at the Emergency Operations Center, and it was great to look at the group and see so many familiar faces! Kudos to those of you who are seeking additional training on preparedness and assisting your community!